George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

VISUAL-MOTOR INTERGRATION

What is it?
Visual-motor integration is our ability to use vision to help coordinate our body movements in a controlled way. This includes "eye-hand or eye-body coordination" skills, which we use in activities such as eating, catching a ball, stringing beads, tying shoe laces, and cutting on a line. Printing, copying from a board, and drawing are important academic skills that require well developed eye-hand coordination skills. Children with difficulty with visual-motor integration may have difficulty completing pencil paper tasks accurately.

How can I help the child?
Here are activities that you can practice with your child to help develop visual motor integration skills:

☐ Make a tower or building out of Lego© or K'nex©

☐ Make a domino train by placing dominoes vertically in a row one behind the other

☐ Practice opening locks with keys

☐ Place coins in gumball or candy machines, or in a piggy bank

☐ Use a mouse on the computer

☐ Help with baking using measuring cups and spoons without spilling

☐ Puzzles: start with puzzles with a few large pieces and eventually move to puzzles with more complex pieces and designs.

☐ Stringing beads: start with large beads with large holes and a thick string. Move to smaller beads with thinner string as the skills develops.

☐ Games such as Operation ©, Jenga ©, pick-up sticks, Lite Brite©

☐ Peg boards – have the child make their own designs or copy a pattern

☐ Lacing cards

☐ Craft activities such as paper folding, cutting lines or shapes

☐ Trace over lines before colouring in a picture

☐ Mazes from activity books

☐ Dot-to-dot activities

☐ Practice with buttons and zippers

☐ Throwing and catching a ball: start this activity with two people standing close together, and as the skill develops stand farther apart.

☐ Bouncing a ball: begin by bouncing a large ball on the same spot. Over time, have the child use a smaller ball.

☐ Target games: beanbag toss, horseshoes, marbles, water balloons, and bowling, mini golf

☐ Play with a balloon and try to keep it up in the air for as long as possible

☐ Flashlight games – tag, follow the path